

## **The mindful path to nursing accuracy: a quasi-experimental study on minimizing medication administration errors.**

May 19, 2021

Ekkens CL, Gordon PA. The mindful path to nursing accuracy: a quasi-experimental study on minimizing medication administration errors. *Holist Nurs Pract.* 2021;35(3):115-122.

doi:10.1097/hnp.0000000000000440.

<https://psnet.ahrq.gov/issue/mindful-path-nursing-accuracy-quasi-experimental-study-minimizing-medication-administration>

---

Despite system-level interventions, medication administration errors (MAE) continue to occur. Nurses at an American hospital were trained in [mindful](#) thinking in an effort to reduce MAE. After three months, nurses who received the mindfulness training had fewer medication errors, and less severe errors, than nurses who did not receive the training. Mindful thinking was effective at [reducing](#) medication administration errors and the authors recommend trainings be part of nurses' orientation and continuing education.